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Vancouver metro

Your essential daily news | MONDAY, OCTOBER 5, 2015 | High 18°C / Low 10°C Cloudy

A TEXAS-SIZED SHOWDOWN

Jays face Rangers in first round of playoffs
metroSPORTS

TransLink changes underway

TRANSPORTATION

As of today, bus routes move to one-zone system

Emily Jackson
Metro | Vancouver

Bus passengers, keep your extra change in your pocket. SkyTrain riders, try not to walk into closed fare gates. As of Monday, TransLink will charge only the one-zone price of $2.75 for all bus trips, regardless how far. It will also start testing some fare gates at rapid-transit stations.

The changes are part of TransLink's protracted and expensive journey to introduce the Compass Card system, which it has been testing since 2013.

Users of the new system — there are already 220,000, according to TransLink's website — can load their cards online, tap in when they start a trip and tap out at the end.

Concerns that passengers might forget to tap out or tap out early to avoid a higher fare prompted TransLink's decision to axe the pricier two- and three-zone fares ($4 and $5.50) on bus rides. The zone system still applies to SkyTrain and SeaBus rides where fare gates make it easier to ensure riders tap out when their trips end.

When TransLink's acting CEO Cathy McLay announced the changes in August, she said the universal one-zone fare for buses would be temporary. Fare gates won't be fully operational until everyone has the chance to buy a Compass Card. TransLink figures they will be widely available by November.

COURTESY ANDREI ANTICA

MILLION DOLLAR DAY

THOUSANDS HIT VANCOUVER'S STREETS TO RAISE MONEY FOR CANCER RESEARCH metroNEWS

metro NEWS
Your essential daily news

Royal Bank tech IDs customers based on their voice. Business

Lawyers attempt to label Schoenborn 'high-risk'

CRIMINAL CODE

Legislation passed by Tories in 2014

Conservative government changes to the Criminal Code will soon be tested in the case of a mentally ill B.C. man who killed his three children — it's the same test that already failed in Quebec.

The B.C. Supreme Court found Allan Schoenborn not criminally responsible for the killings that occurred seven years ago.

But Crown lawyers will be in court on Thursday taking another step to designate him a "high-risk accused" based on laws created less than two years ago.

The high-risk label was created in legislation passed in July 2014, and was personally announced by Prime Minister Stephen Harper at a news conference with the family of Schoenborn's victims.

But Quebec Court Judge Thierry Nadon ruled in February that Bill C-14 "does not apply retrospectively," in the case of a Montreal man found not criminally responsible for killing two pedestrians with his car.

Had the law been retrospective, it would have attached new consequences to an event that took place before the law was enacted, say the court documents.

Allan Schoenborn was found not criminally responsible in the killing of his three children.
THE CANADIAN PRESS

"It is a bit stupid as a new law," said Rodolphe Bourgeois, the lawyer for the Quebec man in his late 20s who suffers from paranoid schizophrenia.

The judgment was sound and Quebec prosecutors did not appeal, Bourgeois said.

"So the psychiatrist and the review board maintain their discretion to judge his freedom according to clinical standards, instead of having a legal straitjacket."

The Quebec ruling could be persuasive but not binding on Schoenborn's court case playing out in New Westminster.

On Friday, lawyers for Schoenborn told the judge they intend to argue that the law does not apply to the man's past crimes at a hearing later this fall.

Schoenborn has been detained at a suburban Vancouver psychiatric hospital since he was declared not criminally responsible for the April 2008 killings.

He stabbed his 10-year-old daughter and smothered his eight and five-year-old sons in their Merritt, B.C., home.

An independent tribunal, called the B.C. Review Board, held a lengthy hearing last winter examining psychiatric evidence about the risks the man poses to public safety. It decided his rehabilitation plan could include escorted outings into the community.

B.C. Crown prosecutors found no legal basis to appeal but in early September initiated the new process for "high-risk accused" that would block Schoenborn from leaving the hospital indefinitely.

THE CANADIAN PRESS

SEXUAL HARASSMENT

Accused killer sues RCMP

One of the three men charged in the 2014 slaying of a Vancouver teen has been identified as the son of a high-profile former Mountie who is suing the RCMP over allegations of sexual harassment.

Police charged Connor Campbell, 21, with first-degree murder on Sept. 8, 2015, more than a year and a half after 19-year-old Nicholas Hannon went missing.

Campbell's friends Bradley Flaherty and Keith Tankard, both 20, also face first-degree murder charges.

Campbell's mother is former RCMP spokeswoman Cpl. Catherine Galliford, who was the force's public face for some of its most high-profile cases, including the Air India and Robert Pickton investigations.

In 2012, Galliford launched a lawsuit against the RCMP following what she described as nearly two decades of ongoing bullying and sexual harassment.

While Campbell's father, current RCMP officer Darren Campbell, declined comment, Galliford confirmed her relationship to the accused on Sunday.

"Yes, he is my son," she said when reached by phone. "I know the three young men who are in jail and I care about all three of them deeply."

THE CANADIAN PRESS

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SURREY

Man dies following utility-pole collision

Emily Jackson
Metro | Vancouver

A man is dead after his car crashed into a utility pole in Surrey early Sunday morning.

Surrey Mounties are looking for witnesses in the single-vehicle collision in Newton in the 7200 block of King George Boulevard around 5:20 a.m., according to a news release from Sgt. David MacDonald.

Officers believe the man, who was found dead at the scene, was driving the black Saturn southbound on King George when he struck the pole. He was the lone occupant of the vehicle.

King George was closed between 76th Avenue and 72nd Avenue for hours on Sunday morning while RCMP investigated.

Anyone with information is asked to call Surrey RCMP at 604-599-0502 or Crime Stoppers at 1-800-222-8477.

DOORS OPEN

Thousands flock to municipal facilities

Thousands of people jumped at the chance to get an inside look at civic facilities during the second annual Doors Open Vancouver event on Saturday.

Vancouverites made more than 14,350 visits to 18 different municipal venues during the event, which was created last year to get people more involved with municipal affairs and civic politics by letting them explore city facilities.

14,350

The number of visits paid to the city's 18 different municipal venues during this year's Doors Open Vancouver event Sunday.

22.5%

The Stanley Park Train Yard accounted for almost one quarter of site visits, welcoming 3,234 people.

That's almost double last year's 8,600 site visits, showing a growing appetite to get to know the city — or at least venue hop on a sunny weekend.

The most popular venue was the Stanley Park Train Yard, which welcomed 3,234 visitors. Other hits included the city's Tactical Training Centre, the Carnegie Community Centre and the Vancouver Animal Services Shelter. (No word if any pets were adopted.)

Even facilities that sound a bit less electrifying, such as the False Creek Energy Centre, had lineups to get in, according to social-media reaction.

The event stems from council's engaged city task force, a group organized to tackle problems such as Vancouver's unfriendly reputation and notoriously low voter turnout. London, New York and Toronto also hold Doors Open events.

EMILY JACKSON/METRO

Telus president and CEO Darren Entwistle announces a major endeavour to install a 'future-proof' network in Vancouver at a company event in the city on Friday. DARRYL DYCK/THE CANADIAN PRESS

Telus betting big on fibre optic Internet

TECHNOLOGY

$1B investment will be a boon for Vancouver, mayor says

Thandi Fletcher
Metro | Vancouver

Telus is investing $1 billion in fibre optic infrastructure upgrades in Vancouver over the next five years, a move the company says will provide businesses and consumers with much faster Internet speeds.

Telus president and CEO Darren Entwistle, who made the announcement Friday, said the upgrades will provide more than 400,000 homes, businesses, hospitals, community centres and municipal offices with faster download speeds, seamless video streaming and the ability to use new technology.

"(It) will future-proof Vancouver's growing digital demands for decades to come," Entwistle told an audience that included Premier Christy Clark, technology minister Amrik Virk and Mayor Gregor Robertson.

Since less than 10 per cent of North Americans currently have access to a fibre optic network, Entwistle said the upgrades put Vancouver among the most connected cities in the world.

Tony Geheran, president of broadband networks for Telus, said the upgrades would provide home Internet speeds of 150 megabits per second, compared to the current average customer use of between six and 15 megabits.

Clark said she believes the investment will have a significant impact on small businesses in Vancouver.

"We will be one of just a few cities in North America that will be fibre optic-connected," she told reporters. "It's going to be tremendous in growing the economy."

"This investment makes Vancouver one of the smartest, best connected cities in the world," Mayor Robertson told reporters. "For our start-ups and tech companies, it's a huge new platform that enables their work to accelerate and to succeed rapidly on the world stage."

> **"It's going to be tremendous in growing the economy.**
> Premier Christy Clark

Robertson said the city is working with Telus to install the fibre optic infrastructure with minimal disruptions. Telus said it anticipates the first neighbourhoods will be connected by early 2016.

WITH FILES FROM THE CANADIAN PRESS

Riding: New Westminster-Burnaby

ELECTION 2015 For the next two weeks, Metro will look at ridings across the Lower Mainland to find out what candidates say are the biggest election issues and why people should vote for them.

ON THE RECORD
Metro asks the candidates

Sasha Ramnarine – Liberal

SUPPLIED

What is the most important issue facing your riding?
Traffic congestion is our No. 1 priority. The Liberal Party of Canada has a plan to work with the provincial government and municipalities and make large infrastructure investments such as road improvements, enhancement of the Pattullo Bridge, more buses, increased SkyTrain and SeaBus service, an extension of rapid transit on the Broadway line, as well as more cycling infrastructure.

Why should people vote for you?
I represent the middle class. I have worked hard all my life and now I want to work for the people of New Westminster-Burnaby. I am passionate about my community and social justice, and have fought for the rights of First Nations, youth, and new immigrants since the beginning. I will work tirelessly to bring real change to Canada and the riding of New Westminster-Burnaby.

Chloé Ellis – Conservative

SUPPLIED

What is the most important issue facing your riding?
The ballot question is simple: Which party is best to manage and protect the fragile Canadian economy — and your job — in the face of global economic turmoil? The Conservatives have provided Canadians with a $5-billion surplus so far this year with a balanced budget law. Its Economic Action Plan has created 1.3 million new jobs since the depths of the global financial crisis.

Why should people vote for you?
As a five-year resident and homeowner in New Westminster, I am committed to representing my riding's interests. My experience as a business development manager has provided me with experience in actively supporting the promotion and development of small businesses. I have served on the Burnaby — New Westminster Conservative Electoral District Association as the financial agent.

Kyle Routledge – Green

SUPPLIED

What is the most important issue facing your riding?
I think the biggest issue facing residents of New Westminster is the proposed export of U.S. thermal coal from the Fraser Surrey Docks in Surrey. New West residents are at an unacceptable risk of exposure to fugitive coal dust from this facility, and we need a clear voice in Ottawa to stand up for our best interests.

Why should people vote for you?
People of New West and Burnaby should vote for me because I am the only candidate who is running for a party with a no whipped vote policy. The Green Party is the only party with a long-term goal of bold and ambitious goals to combat climate change. I know we can do better as a nation, and I want to be your voice in Ottawa that helps us get back to a Canada that we are proud to call home.

Peter Julian – NDP

SUPPLIED

What is the most important issue facing your riding?
Affordability. Since being elected in 2004, I have seen how Liberal and Conservative policies have made it difficult for families to get ahead. Incomes are stagnant, jobs have been outsourced, the cost of health care has increased and childcare and housing has become unaffordable for middle class families.

Why should people vote for you?
I'm a senior member of the NDP team and have served as Opposition House Leader including high-profile critic roles — Finance, Energy and Natural Resources and International Trade. My office has helped over 10,000 families with federal issues such as employment insurance, pensions and immigration.

**Some comments have been edited for space

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Federal election day is October 19.

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Elections Canada has all the information you need to be ready to vote.

Ready to vote
October 19, 2015

Elections Canada

Run for the Cure raises big money

CHARITY

Breast cancer research fund gains $942K from huge race

Emily Jackson
Metro | Vancouver

Runners begin the annual Canadian Breast Cancer Foundation CIBC Run for the Cure, Sunday on Pacific Boulevard.
COURTESY OF ANDREI ANTICA

Runners flooded Vancouver's streets to show their sweaty support for the Canadian Breast Cancer Foundation's 24th annual CIBC Run for the Cure on Sunday.

More than 5,400 people ran and raised nearly a million bucks ($942,676) for the foundation, which invests in education and research with the aim of ending breast cancer.

The Vancouver run was one of more than 60 across the country, where a total of 115,000 people and volunteers raised about $21.5 million, according to a news release from the foundation.

"I want to thank each and every one of the participants, volunteers and donors for making a difference, and bringing us one step closer to realizing our vision of creating a future without breast cancer," foundation CEO Lynne Hudson said in a statement.

The run is the largest single-day event for breast cancer. The fundraiser has contributed to research on the genetic causes of breast cancer, breast cancer detection and individual prevention and treatment options.

One in nine Canadian women will be diagnosed with breast cancer over their lives. One in 30 will die. While these rates may be alarming, the mortality rate has decreased slightly year after year since the peak in 1986, according to the foundation.

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READY TO ENGAGE

Metro's coast to coast daily election series connects young, urban Canadians to the issues they care about

'I've seen Canada be a very accepting society'

ROSEMARY WESTWOOD
in Toronto

Blawal Aleem, 21, knows the value of a vote.

In Pakistan, where his parents are from, Ahmadiyya Muslims such as Aleem are prevented from casting a ballot unless they declare themselves non-Muslims, and so most do not vote.

This federal election — his first — is "very interesting," he says, "but in terms of who I want to vote for, I'm clueless, because when it comes to Muslims, specifically, there's a lot of issues present."

Chief among them, the niqab debate. "I'm strictly against the niqab ban because I don't think it falls in line with Canadian values." And the fact that two federal courts have ruled against the ban shows he's right, he says.

He'd thought in previous years that the Conservatives, overall, had been "pretty good." "But ever since this niqab issue has shown up, I haven't been too sure which way to sway," he says.

To Aleem, nothing matters more than preserving an image of Canada he holds dear — where immigrants are welcomed, instead of feared. Where everyone is treated as an equal, regardless of background or religion.

"I think being born into Canada, I've seen Canada be a very accepting society of others, and I want to ensure that, for me and future generations, it continues to be the same," he says.

Aleem was born in Toronto, raised in Vaughan, and will be voting in the tight race in King-Vaughan, where the Conservative candidate has come under fire for homophobic and misogynistic Facebook posts that he has said do not match his values. The riding's recent polls show the Liberals and Conservatives neck and neck, and the NDP slightly behind.

Soon to graduate with a business IT degree from Ryerson University, Aleem isn't swayed by some politicians' promises to cut tuition fees and student debt. "In the short term that would seem beneficial, but in the long term I'm not sure that would be too beneficial because in the end that's just coming out of our pockets," he says.

Adding to his confusion is the fact that all the leaders have done pretty well in the debates, he noted. He likes that the Liberals reject the Conservatives' stance on the niqab ban, but notes he's against Liberal-supported bills C-51 and C-24.

"There's been a lot of talk of how Islamic values contradict Canadian values, but I don't really see that, because I believe that Islamic and Canadian values fall in line with each other," he says. "People may say, 'You're a Muslim. What's your stance on ISIS and what's your stance on violence?' and I straight out condemn it, because that's a minority that's ruining it for the majority.

"I do feel that in some way I have to clear up misconceptions," he adds, "because I've seen the recent rise in Islamophobia. People are going to look at us and say, 'These are from the same group of people,' and we're really not."

Aleem says he won't be swayed by religion or race. "Regardless of whether someone is white or black, even if they're Muslim, that doesn't mean they're necessarily representing me. If they have the right policies, I'm all for them."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Toronto again tomorrow.

VOTER PROFILE

Name: Blawal Aleem **Age:** 21 **Riding:** King-Vaughan
His issues: Niqab ban/Canadian values

Students unimpressed by federal parties' messaging

CALGARY

Platforms target youth with hashtags, catch phrases

Jeremy Simes
For Metro | Calgary

LET THE LEFTIES RUN YOUR CAMPUS.
HELP THE CONSERVATIVES RUN THE COUNTRY.
Dropping taxes for families
Dropping bombs on ISIS.
Dropping crooks in jail.

A sample of the Conservative Party's pamphlets that have recently been spotted at the University of Calgary. CONTRIBUTED

Some University of Calgary students don't appreciate Canada's major political parties dumbing down their messages to win their votes.

Their reactions are a result of Conservative Party pamphlets that have been spotted on the university campus and which are circulating on social media.

The pamphlets read, "Let the lefties run your campus. Help the Conservatives run the country," and, "Dropping taxes for families. Dropping bombs on ISIS. Dropping crooks in jail."

But it isn't just the Conservatives using one-line zingers: The Liberals and the NDP are both using hashtags and catch phrases to attract the youth vote.

The Young New Democrats use an image of a backpack on their website, with a question that reads, "What's Stephen Harper putting in your backpack?"

The Young Liberals aren't jabbing at the other parties. Rather, the group is using #GenerationTrudeau to only focus on the Liberal leader, asking youth to join the fight for "real change."

The Young Greens take aim at the Conservatives on their Take Action page, which calls young people to ensure it's "Harper's last term as Prime Minister."

Adam Kostiuk, a University of Calgary student, said he doesn't enjoy single-issue politics — students are multifaceted when it comes to political issues.

"To think (parties) can come here and appeal in a strong, simple ideology in a straightforward way is out of touch," he said.

"That's not a way to get university students' attention," added U of C student Bonnie Trafford. "We are all intelligent people here, and that (simple approach) doesn't really resonate."

U of C student Justin Lorincz said one-liners are a bit of a joke.

"It seems like (parties) aren't taking it seriously," he said.

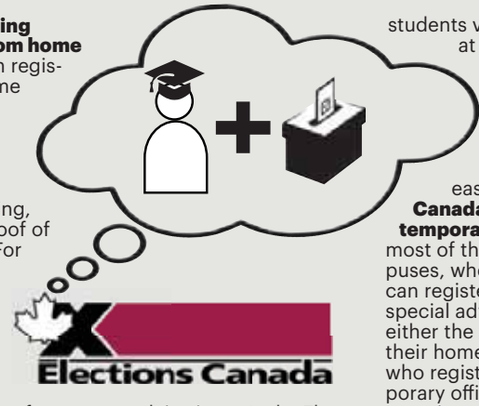
"It also annoys me when they only point out the bad things of another party," he added. Referencing the Conservatives' pamphlets, Trafford said the only thing she got out of it was a good chuckle.

"It's not going to get any of our attention, aside from a laugh," she said. "If people already agree (with the Conservatives), then they'll probably be happy with (the pamphlet). But for others who are undecided, I don't think it does much."

BY THE NUMBERS

Exercising the Franchise 101

Elections Canada, whose own research shows that a mere 38.8% of eligible voters between 18 and 24 cast ballots in the 2011 election, is hoping a new pilot project, which starts today on campuses across Canada, will boost that number.



Students attending schools away from home can either remain registered in their home ridings and vote there — by mail or by travelling on election day — or register in their school's riding, by presenting proof of local residency. For many out-of-town students, the added difficulty involved with either of these options is enough to prevent them away from casting a ballot, and explains in part why Elections Canada found that students voted in 2011 at an even lower rate than the general 18-24 population.

Starting today, to make things easier, **Elections Canada is opening temporary offices** on most of the country' campuses, where students can register and cast a special advance ballot, in either the local riding or their home ridings. Those who register at the temporary offices still need two pieces of ID, one of which has an address.

NDP casts shadow on trade deal

ELECTION 2015

Mulcair insists his party won't be bound by 'secret' pact

With the possibility Canada could join a massive Pacific Rim trade deal within hours, Tom Mulcair tried to cast his NDP on Sunday as the only party ready to stand up to the Conservatives on a pact he insisted could hurt Canadian farmers and manufacturers.

"The NDP, when we form government on Oct. 19, will not be bound by this secret agreement that Mr. Harper has been negotiating," the NDP leader said at a campaign stop in Brantford, Ont.

Mulcair made the comments as his campaign rolled across southwestern Ontario with half-a-dozen planned stops, including the cities of London and Sarnia.

While in Waterloo, Mulcair warned a crowd of 300 of what the controversial, 12-country Trans-Pacific Partnership could do to the region's farmers.

His whistle-stop tour took place as negotiators in Atlanta tried to seal the deal on a long-awaited agreement.

In an effort to conclude the agreement, negotiators held a series of all-night sessions pushing the meeting three days beyond its original schedule.

Mulcair has been trying to burnish his social-democratic credentials by insisting he won't be bound by a Conservative deal on the Trans-Pacific Partnership, which would create the world's largest trade zone.

It remains to be seen whether Mulcair's blitz would jumpstart the NDP campaign, which recent polls suggest has been stalling.

Mulcair has hammered away on the importance of upholding the country's supply management system for dairy and poultry farmers.

Foreign negotiators have said Canada's protectionist system would have to be opened up for a deal to be reached, though it remains unclear what concessions might be made by the federal government.

The Conservatives have insisted they would keep the supply-management system intact amid political pressure from opponents, provincial governments and the dairy lobby.

But the federal government has left open the possibility it could allow for an additional, if limited, share of foreign goods into Canadian grocery stores.

A TPP deal, which the government has said would boost the Canadian economy as a whole, could also have a similar effect on the auto sector.

THE CANADIAN PRESS

NDP Leader Tom Mulcair speaks to supporters in Sarnia, Ont. RYAN REMIORZ/THE CANADIAN PRESS

LIBERALS' STANCE

Trudeau says agreement will get a long look

A new Liberal government would take a long look at any trade deal signed by the Tories before deciding whether to uphold it, party leader Justin Trudeau said Sunday in Brampton after a boisterous and crowded rally with dozens of Ontario candidates.

On Sunday, 12 countries including Canada appeared on the verge of creating the world's largest regional trade zone, which would usher in a series of economic changes on four continents and prompt months of heated debate.

THE CANADIAN PRESS

SENATE

PM's inbox flooded with angry emails

Angry Canadians called for Sen. Don Meredith to be removed from the Senate after allegations emerged that he had an improper relationship with a teenager.

The demands for Meredith – who is facing the prospect of a police investigation into the allegations – to lose his Senate seat landed in the Prime Minister's Office inbox, according to emails obtained by The Canadian Press.

Some Canadians had seemingly been pushed too far by yet another senator caught in a scandal and, more specifically, another one appointed by Stephen Harper.

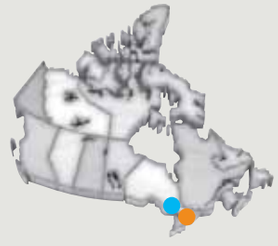
"Man o man…couldn't you have put some half decent people on the Senate payroll?" one email read.

Another message was just as blunt: "Holy Hannah, has there been anyone nominated by Harper to the Senate that hasn't brought shame to Canada?? How is it indeed possible to have so many senators nominated by one prime minister go in the ditch?"

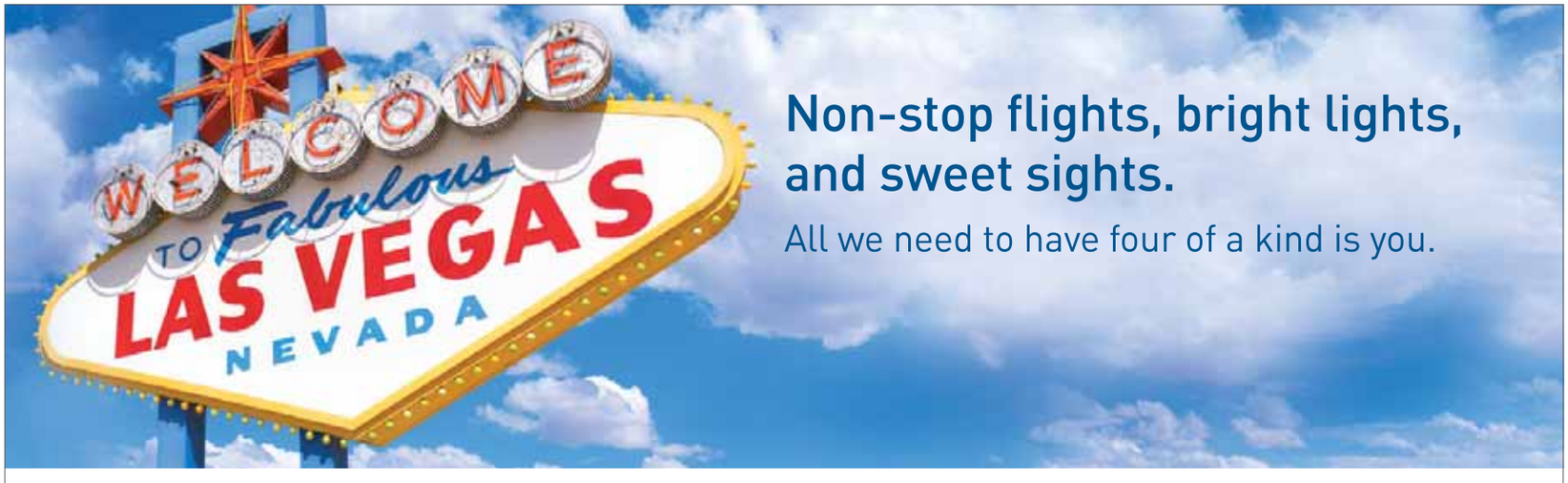
Meredith could face a police probe into allegations following a Toronto Star report that alleged he had a sexual relationship with a 16-year-old girl, who is now 18.

THE CANADIAN PRESS

WHERE THE LEADERS ARE MONDAY



- **Stephen Harper** will be in Richmond Hill, Ont.
- **Justin Trudeau's** itinerary was unavailable.
- **Tom Mulcair** will be in Toronto.
- **Elizabeth May's** itinerary was unavailable.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IN BRIEF

Debris, oil sheen found during ship search

Rescuers spotted floating debris and an oil sheen Sunday as U.S. crews continued an intensive search off the southeastern Bahamas for a U.S. cargo ship with 33 people on board.

The ship, the 790-foot El Faro, has been missing since it lost power and was taking on water in fierce seas churned up by Hurricane Joaquin.

The U.S. Coast Guard has not yet been able to confirm whether the debris and oil is from the El Faro.

THE ASSOCIATED PRESS

Joaquin weakening

Bermuda was lashed Sunday by gusting winds and pelting rains from Hurricane Joaquin as its spinning centre tracked just southwest of the wealthy tourist destination.

After roaring across the Bahamas as a major Category 4 hurricane, Joaquin weakened as it headed north. By early Sunday afternoon, forecasters said sustained winds had dropped to 165 km/h, making it a Category 2 storm.

THE ASSOCIATED PRESS

Airstrike kills 22

AFGHANISTAN

MSF leaves Kunduz after hospital hit in northern city

International medical charity Doctors Without Borders said on Sunday it had withdrawn from the northern city of Kunduz after a deadly airstrike destroyed its hospital and killed 22 people.

The city briefly fell to the Taliban last week before the government launched a counter-offensive, and the humanitarian situation within it has been growing increasingly dire, with shops shuttered because of ongoing fighting and roads littered with mines planted by insurgents.

"All critical patients have been referred to other health facilities and no MSF staff are working in our hospital," said Kate Stegeman, the communications manager for Doctors Without Borders, using the French acronym for the organization.

"Some of our medical staff have gone to work in two hospitals where some of the wounded have been taken," she added.

An explosion burned out the Doctors Without Borders medical facility in Kunduz Saturday.

THE ASSOCIATED PRESS

Investigations continue, MSF announced Sunday three injured patients died, bringing the total to 10 in addition to 12 staffers.

The charity said in a statement Saturday "all indications" placed responsibility on the international military coalition, and Army Col. Brian Tribus, a spokesman for American forces in Afghanistan, said a U.S. airstrike "in the Kunduz vicinity" around 2:15 a.m. Saturday morning "may have resulted in collateral damage to a nearby medical facility."

Afghan officials said helicopter gunships returned fire from Taliban fighters who were hiding there, but Stegeman said there were none in the facility.

President Ashraf Ghani said a joint investigation was underway with U.S. Forces. President Barack Obama said he expected a full accounting of what happened.

THE ASSOCIATED PRESS

LIBYA

95 bodies washed ashore

The bodies of at least 95 migrants have washed ashore in Libya over the past five days, a spokesman for Libya's Red Crescent said Sunday.

Mohamed al-Masrati said Red Crescent scouts found 85 of the corpses near Libya's capital Tripoli and 10 near Sabartha, a Libyan coastal city that is a main launching point for smugglers' boats headed to Europe. He says most of the deceased are migrants from other African countries.

Thousands seeking a better life in Europe cast off from Libya, hoping to reach Italy. The International Organization for Migration says more than 2,600 have died in 2015 on the Central Mediterranean route.

Smugglers exploit Libya's internal turmoil to ship thousands of move thousands of migrants.

"Up to today there are more than 550,000 internally displaced people in Libya due to the current conflict in Benghazi and other places, and we believe this number will increase to at least 600,000," said al-Masrati.

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RBC eyes voice ID service

BIOMETRICS

Banks striving for innovation to stem tech-savvy startups

Phone passwords and security questions could soon become obsolete as financial institutions race to implement technology that can verify a client's identity based on the characteristics of their voice.

After a successful pilot project last summer, Royal Bank is rolling out "voice biometrics" technology that can identify clients who phone the bank's call centres, in a matter of seconds.

Customers will have to opt in to the service, which is being phased in over a three-month period and has been created by tech firm Nuance Communications.

RBC says it is the first Canadian company to implement technology that can create and identify a client's "voiceprint," which consists of more than 100 different characteristics such as the client's pitch and accent, in the course of a regular conversation.

Royal Bank is phasing in its new system over three months. Proponents of the technology say it will improve security. THE CANADIAN PRESS FILE

Manulife implemented similar technology for its banking clients and its retail advisers back in September, although users have to say a predetermined phrase — "At Manulife, my voice is my password" — in order for their voices to be verified.

> **You can't steal a voice.**
> Joanna Lohrenz

In addition to speeding up the customer service process — agents can immediately begin addressing a client's needs rather than peppering them with a series of security questions. Proponents of the technology say it will also boost security.

"It's easy to pick up a piece of mail and look at someone's confidential information, but you can't steal a voice," said Joanna Lohrenz, vice president of contact centres and customer experience at Manulife.

Financial institutions have been striving to innovate in response to changing customer expectations and pressure from more agile, tech-savvy startups that threaten to snatch some of their market share.

Earlier this year CIBC opened an innovation lab in Toronto to experiment with a variety of new technologies, including voice authentication similar to Apple's Siri, that would allow customers to use their voices not only to access their accounts but also to perform a variety of tasks such as pay bills, transfer money and even seek advice about budgeting.

CIBC is currently conducting research to determine how much appetite clients have for voice-authenticated banking.

THE CANADIAN PRESS

IN BRIEF

Google is now 'Alphabet'
Google Inc. on Friday completed the move to reorganize as Alphabet, and its stock will begin trading as Alphabet on the Nasdaq under the same tickers "GOOG" and "GOOGL" on Monday. Google said in August it would create a new company that would oversee both its lucrative Internet business and its growing flock of other ventures like building self-driving cars and researching ways to prolong human life.
THE ASSOCIATED PRESS

Facebook jazzes profiles
Facebook is testing new profile videos that can be created from phones and would replace a still profile photo. The seven-second, looping videos play automatically when you look at a profile page. For now, only some iPhone users in California and the U.K. can make them. Any Facebook user can see them. Facebook Inc. doesn't have a specific date for when it will expand the feature.
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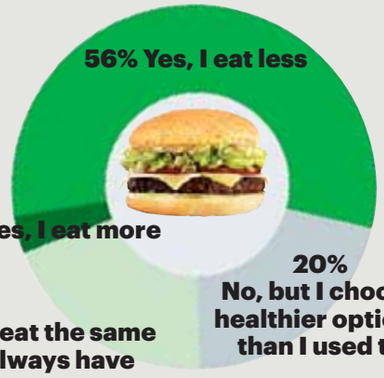
metro VIEWS
Your essential daily news
Monday, October 5, 2015

Metro MONDAY POLL
Would table service and automated ordering make you eat more fast food?

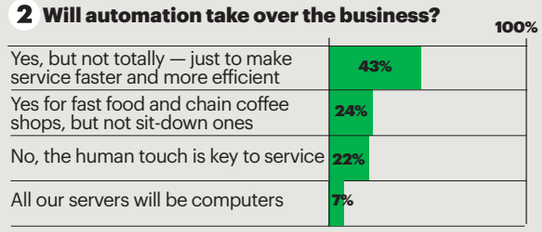
Visit metronews.ca **every Friday to have your say.**

Last week, McDonald's Canada blew up the way it does business, adding touch-screen kiosks and table service, along with dozens of new burgers, cheese, bun and topping combinations to keep up with the trend of customization over comfort food. Traditional greasy fast fare has declined in recent years as people choose to drive by the drive-thru in favour of options like Chipotle. Metro asked readers, have these changes affected what you choose to chow down on?

1 Have you changed how much fast food you eat?



2 Will automation take over the business?


100%
Yes, but not totally — just to make service faster and more efficient
43%
Yes for fast food and chain coffee shops, but not sit-down ones
24%
No, the human touch is key to service
22%
All our servers will be computers
7%

3 What changes might make you eat more fast food?

37% More fresh, healthy choices
19% Lower prices
17% More breakfast options all day
6% Nothing. Fast food is gross and I avoid it
5% More attention to food allergies, sensitivities and preferences (i.e. more nut-free, dairy-free, gluten-free or vegetarian options)
5% More restaurants near where I live/work
5% Make it automatic so I don't have to talk to anyone
4% Nothing, I already eat enough/too much fast food
2% Other

Locally sourced ingredients
Ethical choices
Reduce salt content dramatically

METRO READERS

Who will show up for cities on October 19th?

CITY HOLLER
Trish Kelly

For a year now, I've been writing opinion pieces in local news outlets about the ways I see our city trying to get better: committing to reconciliation, calling out rape culture, and owning our duty to be good citizens, in our neighbourhoods and globally.

I've profiled how cities are trying to patch the holes left by senior levels of government on everything from reasonable medical marijuana legislation to the funding of public education.

What I write is my opinion, backed up by some facts and my own personal experience of the world. I'm clearly not objective, but I do try to steer clear of blatant partisan endorsement.

There are some real advantages to being close to neutral. For example, a few weeks ago, Engineers Without Borders, an impressive national organization, asked me to moderate an all-candidates debate. The event, called #PoliticsAside, invited all parties to come together to speak about Canada's role in fighting global poverty.

Candidates from all the major parties confirmed, except the Conservative candidate, who sent a statement. More than just sending her regrets, she had actually composed a few paragraphs of her party's stance on international affairs, and the event organizers asked me to read her comments aloud.

It seemed like a fair request, and it wasn't until I stood with her Conservative comments in my hands and looked up at the audience, that I understood I had agreed to give voice to the Conservative platform. I could not do it. I could not lend my voice to this. So I began to read aloud in a monotone with less warmth than the voice announcing the next stop on a Vancouver trolley bus.

Halfway through the first paragraph, a candidate on the panel pleaded for the reading to stop. Why allow any air time to someone who could not bother to show up? I asked the audience if they wanted to hear the rest of the statement and in unison they shouted, "No".

The election is two weeks away. I don't think it's enough to say, "Anyone but Harper." We have to get clear on which parties will actually work with our city governments.

With a federal government unwilling to share the wealth, solving our problems like transit and affordable housing is beyond the reach of local governments.

The Conservatives complain our mayors too often speak about issues outside their jurisdiction, but who better to speak up? Municipal governments are on the front lines, governing where they live, feeling at least some of the same pain as their constituents, seeing the problems with their own eyes.

Over and over the Conservatives fail to show up for debates, and fail to show up for cities. Remember that.

Municipal governments are on the front lines ... feeling at least some of the same pain as their constituents

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

metroview
I raise my double double to you, fellow Brantfordians

Liz Brown
Metro | Toronto

Last week, I stumbled across a news story that has provided much insight into the origins of my Canadian patriotism.

Statistics Canada reports that my hometown, Brantford, Ont., is the city most proud of its Canadian identity, with 98 per cent of residents saying they take pride in just, well, being able to call themselves Canucks.

I'm convinced it's because this community cultivates pride in Canadian clichés in a way that puts Bob and Doug McKenzie to shame. Growing up there, you're constantly reminded that Brantford bred the world's greatest hockey player. And if you never move away, you think it's in perfect taste to hang Canadian flags as curtains on your bedroom window. A Sunday well spent is a game of street hockey, played to the sounds of The Tragically Hip (we once had a music festival called Hockeyfest), followed by domestic Canadian brews consumed in a garage.

As a kid, I knew that Wayne Gretzky's mom and dad — Walter and Phyllis — lived behind the Brantford Mall on Varadi Avenue and if you knocked on the door and asked nicely, Walter would take you for a tour of the basement that showcased memorabilia from his son's career. Walter had autographed sticks and pucks he'd gift to kids, like a sort of hockey Halloween.

As quickly as you can say Timbit, you're told that Brantford, per capita, has the most Tim Hortons of any city in Canada. So strong was this urban legend, that a Brantford Expositor reporter went on assignment to uncover the truth back in 2007. Much to the city's disappointment, her research revealed Moncton, N.B., held that crown. But, she confirmed that Brantford does have the most Tim Hortons per capita in Ontario, and once boasted the busiest store, which, during peak hours, had to call the police to control the drive-thru chaos.

We love this Canadian institution so much, we're also home to the factory that bakes the doughnuts. The central bakery that ships frozen Tim's goods across Canada is on the east side of the city and coats the area in that familiar sugary, fried doughnut scent. If you ever happen to visit Brantford, start sniffing as you approach on the 403, right near Wayne Gretzky Parkway.

I live in Toronto now, and I'm often mocked for my "strong Canadian accent" and love for pedestrian activities like drinking beer in a garage. I'm aware that reducing Canadian culture to hockey, doughnuts and beers in a garage is incredibly simplistic and doesn't come close to capturing the character of this country. But there's a charming innocence in loving your country so much you take pride in these tropes.

So I raise my double double to you, fellow Brantfordians. Congratulations for putting our city on the map once again.

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Your essential daily news

Couture gowns like this Ralph & Russ fairytale to inspire at N.Y. Bridal Week, Oct. 10-12

The Girlboss guide to business

ENTREPRENEURSHIP

Author Sophia Amoruso spills the secrets to success

Amanda Valentovic
Metro | New York

Sophia Amoruso's book #Girlboss shares the story of how she started online clothing business Nastygal.com and turned it into a successful $100-million company before she turned 30.

When the book was released in May 2014, #Girlboss spent 18 weeks on the New York Times bestseller list, and last week Amoruso kicked off the release of the paperback at the Union Square Barnes and Noble with a conversation with Teen Vogue editor-in-chief Amy Astley.

Here are three things we learned about starting your own business from Sophia Amoruso:

Make something you love into your business

"It's not a bad thing to professionalize what you enjoy doing," says Amoruso. "It's what I did with vintage clothing."

If you really love your job, it will make your business more successful. Make sure that you're doing something you love because you want to, not because of the attention you might get.

"If you're seeking the limelight, it won't work," Amoruso says.

Be ambitious and a team player

When hiring someone, Amoruso looks for a person who is willing to work — but not someone who isn't willing to learn.

"They're ambitious, but not entitled," Amoruso says about employees she looks for. "If you're like that, no one will want to be around you."

When you stay organized and on top of your job, you'll stand out from the crowd.

Earn everything yourself

"Working for things is really important," Amoruso says.

The reward will taste so much sweeter when you know you've earned everything you've worked for yourself, especially if you've been working toward a goal for a long time.

"There's only one first time that you can earn something yourself," says Amoruso. After that, more motivation will come to keep reaching for new goals.

> **It's not a bad thing to professionalize what you enjoy doing. It's what I did with vintage clothing.**
> Sophia Amoruso

Sophia Amoruso
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2006	Ford Taurus	$2,888	#6466	2012	Mitsubishi Spyder Convertible	$14,995	#0655
2006	Ford Crown Victoria	$2,995	#5600	2015	Kia Sorento AWD	$22,888	#6564
2004	Ford Expedition	$3,888	#6280	2015	Buick Lacrosse	$26,995	#6559
2007	Chrysler 300 Limited	$6,888	#6529	2015	Hyundai Genesis	$33,995	#6556
2008	Hyundai Sonata GLS	$6,995	#5969	2012	BMW X6	$38,888	#6352
2009	Chevrolet Impala LT	$6,995	#6201				

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MONEY

Changes mean nothing without true priorities

Gail Vaz-Oxlade
For Metro Canada

To ensure financial health, determine your goals and the things that matter most to you. ISTOCK

How many times have you tried sticking to a budget, using cash or noting your transactions in a spending journal? Tried and failed. If you want to stick with the changes you're making to better deal with your money, you should be able to identify at least one benefit you'll gain by making those changes.

Do you want to have more money in savings so you don't end up poor when you're old?

Do you want to set up an emergency fund so that when life throws caca at you, you have some options?

Do you want to get rid of your consumer debt once and for all so you're not always thinking about the disaster just around the corner?

What do you want? What's really, really important to you?

No two people are motivated by the same thing. I like having piles of money in the bank so that if anyone screws with me, I can tell 'em to take a long walk off a short pier. That's why I call my emergency fund my FU Account.

If I don't like what's happening, if someone tries to make me compromise my vales, I just tell them FU!

I can do that with confidence because I've forgone the snappy shoes, the latest gadget, the snazzy appliances to have money in the bank instead. I know what's really important to me.

Do you know what's really important to you?

Grab a pen and piece of paper and write down the things that you consider the most important to you. Don't just write down what you think will make a good list. Be honest about what you want. Write down the things that really matter to you.

What makes you happy? What defines who you are? Where do you wish you were in your life? You may have to come back to your list a few times. Think. Jot notes. Think some more.

The next step is to write down the goals you want to achieve over the next year, two years and five years. What do you want to accomplish? Write down everything you can think of.

Pick three things you think are most important from your list. That will mean ranking all your goals one, two, three in terms of importance, and then going back, pulling all the things you labelled with a one and then ranking those one, two, three.

Eventually you'll begin to see clearly what you're prioritizing.

It may take some time. You may be surprised. But you should at least know what turns your crank the most so you're not fighting against your own best efforts.

Now compare your goals to what's really important to you. You may have ended up with "vacation" on the top of your goals list, while you're jawing on about "living debt free." I'm not here to judge. It's your list.

So which is it? What's really, really important to you, and what are you prepared to give up to get what you truly want?

Good luck resolving your conflicts.

For more money advice, visit Gail's website at gailvazoxlade.com.

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The sweet taste of good morale

OFFICE SPACE

Providing snacks for workers adds to happiness

Eleni Deacon
For Metro Canada

Providing free snacks to employees can give a substantial boost to morale, according to new research. ISTOCK

The recipe for exceptional workplace morale calls for fair paycheques, supportive bosses, and not-boring everyday work. But to truly ensure employees feel sprightly, the secret ingredients might be sugar and salt.

That's the implication of recent research from online grocery-delivery service Peapod. In a survey of 1,000 office workers, the company found that 56 per cent of full-time employees were "extremely" or "very" happy with their jobs. It's a promising outcome. However, those rates climbed to 67 per cent among workers at offices that offer a game-changing bonus: free snacks.

Could a stocked fridge really help employers stack the deck in their favour? Despite the survey's bite-sized sample size, the outcome suggests that satisfying workers' mid-afternoon munchies generates a higher level of overall satisfaction — which could potentially yield better-quality work and improved productivity. It seems almost ridiculous that a Clif bar or banana could have a dramatic impact on workers' opinions toward their jobs. But while free snacks may seem like a superfluous perk, the feeling they inspire — in addition to "full," that is — might make a deep impression.

When presented with complimentary nibbles, few employees will pass up the chance to chow down. But their ensuing contentment may not result from the fact of a full stomach so much as the sense of being valued by their employer. Feeling appreciated by your direct supervisor is different than feeling appreciated by the organization for which you work. Free snacks, while seemingly of low significance, could provide a daily reminder that your company thinks beyond the bottom line.

There's an argument to be made that food is a decoy: when work piles up, companies subtly encourage employees to toil harder and later by providing enough sustenance that they never have to get up from their desks.

But many organizations, whether or not they're handing out no-charge pretzels, have the same expectation. Millennials, among whom workplace refreshments were the most popular, may not simply guzzle the extra fuel because they're entitled or shallow or easily charmed. In a market where employers increasingly choose not to offer fully loaded contract packages that include substantial "extras" like benefits or pension plans, small perks can carry a big — if inflated — value in terms of morale.

Almonds won't compensate for a toxic boss or uninspiring work. But they might help employees feel less cranky about hiking to work every morning. At the very least, because they won't end up working on an empty stomach.

HEALTH BRIEFS

Zen of washing dishes

Doing the dishes could reduce stress by 27 per cent and increase inspiration by 25 per cent.

Florida State University conducted an experiment on 51 volunteers, where half were asked to read instructions on how to wash dishes, written in a mindful manner. The other group was asked to read classic instructions. Each participant then washed plates before answering a questionnaire. The volunteers who washed dishes in a state of complete awareness by focusing on the fragrance of the dish-washing soap and contact with the dishes had a 25 per cent increase in their feelings of inspiration and reduced their anxiety by 27 per cent.

The group that had done the dishes in a more traditional manner felt no difference in their well-being or state of mind. AFP

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Berlin is a rapidly changing city steeped in history

Berlin's Museum Island features a cluster of buildings, each one dedicated to different parts of world history. JOACHIM MESSERSCHMIDT/GERMANY TOURISM

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ARCHITECTURE

Berlin moves into the future while keeping its past intact

Eva Salinas
For Metro Life

A mural along the Berlin wall covered in graffiti. At right: Jewish Museum Berlin, designed by Polish-American architect Daniel Libeskind. EVA SALINAS/FOR METRO AND JOCHEN KEUTE/GERMANY TOURISM

Berlin's futuristic Humboldt Box — a cube-like metal and glass structure that sits in contrast to the old and massive museums that surround it — is a tourist draw.

On this particular day in July, in the middle of a heatwave no less, small crowds filtered in and out of rooms, looking at a miniature model of the city and watching videos.

A visiting Turkish journalist seemed perplexed. "Tourists come here to learn about a palace under construction?" she asked.

It seemed an odd attraction to her — a visitor's centre that overlooks restoration work on Berlin's Prussian royal palace, which remains closed to the public until 2019.

The palace, which was bombed in the Second World War and demolished in 1952 by the East German government, has been the "the missing piece" to complete the city's famous Museum Island, the centre's director reassured the woman. It will become the sixth building on the site, each one dedicated to different parts of history.

Once rebuilt, the director said, "you will have all the world's culture in one place." Construction cranes dotted the skyline behind him.

"Berlin is a city that is forever in the process of becoming," historian Rory Maclean wrote in Berlin: Imagine a City. With its streets, walls and rivers as witness to many significant moments in history, Berlin's identity is reflected by its ever-changing architecture.

This past Saturday, the country marked the 25th anniversary of the reunification of East and West Germany. While the fall of the wall in 1989 symbolized the end of the Soviet empire, reunification in 1990 represented the rebuilding of a nation — physically and ideologically. Since, Berlin has become the epitome of European cool — modern, vibrant, green, and constantly adapting.

Much of Berlin's rebuilding is hidden to the visitor's eye, but some parts of the city give a nod to its past. Not far from the Humboldt Box, across the Lustgarten Park and around the corner, sits the Neues Museum, one of the best examples of architecture that incorporates a dark history with a modern edge.

The building sat heavily damaged from WWII bombing until 1998, when restoration began by English architect David Chipperfield. It reopened to the public in 2009 — with new, lighter concrete slabs made to contrast older, pockmarked pieces. Also in the city centre is the Jewish Museum, made up of two buildings, the second of which opened in 2001 and was designed by Polish-American architect Daniel Libeskind. The exterior is a tall, silver, imposing, zig-zagging structure — an abstract Star of David — and the concrete inside, filled with darkness and light, is an experience in itself.

Over in former East Berlin, remnants of the wall can still be found, perhaps most famously at the open-air "Eastside Gallery" — a long stretch of wall covered in art commissioned and painted in 1990. One of the best-known paintings depicts a kiss between communists Leonid Brezhnev and Erich Honecker, captured in a photograph in 1979.

The city is full of these kinds of details — subtle nods to its past, remade to define its current and future identity.

As Berliners marked the weekend's anniversary, renovations were already underway to transform the former Tempelhof Airport grounds, which only recently hosted the Lollapalooza music festival, into temporary housing space for incoming refugees. And so the city of perpetual change adapts, again.

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OPENS THIS WEEKEND!

Flu and false

GET THE SHOT

Setting the record straight on the flu vaccine

Rhonda Riche

The flu virus can change from year to year, so each year's vaccine is updated. SHUTTERSTOCK

Seasonal influenza, commonly known as the flu, is a respiratory infection caused by a virus. It's called 'seasonal' influenza because it's most common during a particular season — like the Canadian winter.

Millions of Canadians catch the flu, and most will recover from it within 10 days. But influenza lowers the body's ability to fight off other infections that can lead to serious complications, such as pneumonia and bronchitis. It can also cause havoc for people with medical conditions, such as diabetes, lung disease, heart disease, kidney disease or cancer.

So why do so many people resist getting the flu vaccine? People offer up all kinds of excuses, from being afraid of needles (don't worry, a nasal vaccine is also available) to the claim that someone got the shot and became sick anyway.

According to Dr. Michael Libman, director of the J.D. MacLean Centre for Tropical Diseases at McGill University, McGill University Health Centre, there are several reasons a person may get sick following the flu shot. For instance, some people may be confusing another illness with the flu.

"There are many other infections that begin to circulate at the beginning of the season," says Libman. "Or they may have already been exposed to influenza or exposed before the vaccine protection kicks in (it takes a couple of weeks to become effective). But people get a shot and then come to the conclusion that the vaccine caused them to become sick."

There are also several subtypes of flu virus, and no single vaccine can protect you against them all. Health officials try to predict which bugs will be most prevalent in a particular season, then create a vaccine designed to guard against them. Sometimes the projections are off: In 2014, the Public Health Agency of Canada admitted that the H3N2 influenza virus had mutated after that year's flu vaccine was developed, leading to a dramatic increase in outbreaks.

Yet that's no reason to avoid the vaccine, says Libman.

"There's evidence suggesting that exposure to the virus through vaccination helps build up immunity against that virus," he says. "Some protection is better than none. And in many cases, the symptoms are not as severe as they would be had you not gotten the vaccine."

And, he adds, it helps protect against spreading the virus.

"Which is very good for protecting the elderly and those most susceptible to severe infection."

The cold hard facts on colds and flu

When it comes to preventing and treating cold and flu, separating myth from fact is a real challenge — especially in an era when we can Google our health queries and come up with a thousand different responses.

"The internet can validate almost any opinion on anything in some capacity, so it's always best to ask your doctor," says Dr. Pierre Plourde, medical officer of health and infectious diseases specialist for the Winnipeg Regional Health Authority. For example, if you were to Google "ice cream cure," you might find claims that a pint of Rocky Road will make short work of your stuffy nose (it won't).

This bias is also reflected in the myth that you can catch a cold by being cold. While it's true that more people get sick in the late fall to early spring, the cool temperatures don't cause the cold. If anything, it's huddling together indoors that's the culprit. "It's totally predictable that cases increase during that time," says Plourde. "We move inside and are in closer contact with people who may be sick."

Another popular misconception is that you should feed a cold and starve a fever. In reality, the expression should be feed a cold and feed a fever. Healthy food can soothe your symptoms and boost your immune system to get you back on your feet faster. And yes, chicken soup with vegetables can help ease the effects of respiratory illnesses like cold and flu: research suggests that the soup inhibits the movement of the most common type of white blood cells so that they stay in the upper body to fight infection.

Another study showed that the broth helped increase the flow of mucus. At the minimum, a warm bowl of soup helps you stay hydrated.

When you're feeling poorly, it's best to keep up as many healthy habits as possible. Which contradicts another myth: to avoid exercise when you're sick. While you may feel like staying in bed under 10 blankets when you have a cold, mild to moderate physical activity may actually help you feel better by opening your nasal passages and relieving congestion. The key is listening to your body. Don't overdo your workout, stop if you feel tired, and avoid exercising if you have a fever or if your cold symptoms are below the neck.

If you have the flu, you should skip your workouts until you have recovered. You should also avoid hitting the gym while you are contagious to prevent spreading infection to others.

Research suggests that soup inhibits the movement of the most common type of white blood cells so that they stay in the upper body to fight infection. SHUTTERSTOCK

In the meantime, if you have questions about any cold or flu remedies, Plourde encourages people to call their local public health unit to get the straight goods on preventing and treating cold and flu.

RHONDA RICHE

VACCINE INFO

- The flu vaccine is free.
- The best time to get vaccinated is just before the onset of flu season (October).
- Anyone over 6 months of age is advised to get vaccinated.
- The effects of the flu vaccine can wear off, so you need a booster every flu season.
- The flu virus can also change from year to year, so each year's vaccine is updated.

Find up-to-date recommendations, frequently asked questions and more at canada.ca/flu.

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Your essential daily news

Ichiro Suzuki hit 88 m.p.h. during a one-inning relief appearance for the Miami Marlins

Jays' playoff path runs through heart of Texas

MLB

Toronto goes 1-4 in its final 5 games before post-season

Smiling Texan John Gibbons doesn't mind going back home for the first round of the playoffs. His Toronto Blue Jays are feeling good about it, too.

The Blue Jays finished the regular season 93-69 and will face the Texas Rangers in the American League Division Series beginning with Game 1 Thursday at Rogers Centre.

"I love the fact that you go to Texas; that's never a bad thing," Gibbons said. "It's been a tremendous year for these guys, it really has. We're glad it's over. The tough part's out of the way of getting in. Now we'll go out there and have some fun and see what happens."

David Price will start Game 1 for the Blue Jays, while Yovani Gallardo is expected to take the mound for the Rangers to begin the best-of-five series. Gallardo went 2-0 against Toronto this season and didn't allow a run.

The Blue Jays had a chance to earn home-field advantage throughout the playoffs but went 1-4 in their final five games after clinching the AL East, including a 12-3 loss Sunday to the Tampa Bay Rays. Despite that, the Blue Jays are healthy and confident going into the post-season.

"Tough last couple days, but we're feeling good right now," Gibbons said. "Really, I guess you can say us and Texas are probably the two hottest teams the last two months. It's probably going to be a pretty good matchup."

The Blue Jays were 50-51 when they acquired shortstop Troy Tulowitzki on July 29 and went 43-18 down the stretch. The Rangers were 48-52 that day and finished 40-22.

Toronto won four of the six games between the teams this season, including two out of three in August.

Troy Tulowitzki
THE ASSOCIATED PRESS

TULO HEALTHY

Shortstop Troy Tulowitzki doubled in three at-bats Sunday during his second game after missing three weeks due to a cracked scapula and upper back bruises. He went 2-for-5 Friday.

Blue Jays second baseman Ryan Goins tags out the Rays' Brandon Guyer on Sunday in St. Petersburg, Fla. STEVE NESIUS/THE ASSOCIATED PRESS

The Kansas City Royals, who led the AL for months, won five straight to end the season and earn home-field advantage. Kansas City will face the winner of the AL wild-card game between the New York Yankees and Houston Astros.

In the National League, the New York Mets will face the Los Angeles Dodgers, while the Central Division-champion St. Louis Cardinals will play the winner of the wild-card game between the Pittsburgh Pirates and Chicago Cubs.

While the Blue Jays popped champagne to celebrate their division title Wednesday in Baltimore, Texas needed a victory on Sunday to clinch the AL West. The Rangers' celebration was on clubhouse televisions at Tropicana Field after the Blue Jays' game against the Rays.

Cole Hamels, whom the Rangers acquired at the deadline before the Blue Jays got Price, started the final game of the regular season and would be on regular rest to pitch in Game 2 Friday.

The Blue Jays have not announced a Game 2 starter, though the decision would seem to come down to Marcus Stroman or Marco Estrada. The starting rotation will also include R.A. Dickey. THE CANADIAN PRESS

Buehrle swiftly dispatched in regular-season finale

Given the rare opportunity to throw on one day's rest to try to hit the 200-inning milestone for the 15th consecutive season, Toronto Blue Jays pitcher Mark Buehrle felt the best he had in months. All he needed was two innings.

Buehrle didn't get there.

A combination of errors and five hits by the Tampa Bay Rays ended his day after just two outs. The popular veteran gave up eight runs, none of them earned, as he reached 198-2/3 innings and fell just short of joining Hall of Famers Cy Young, Warren Spahn, Don Sutton and Gaylord Perry in the record books.

> **They made the right decision ... I'm going to travel and cheer my rear end off, and hopefully bring this thing back to Toronto.**
>
> Mark Buehrle on being left off of the Blue Jays' ALDS roster

"No way I could leave him out there to rot," manager John Gibbons said. "It's unfortunate. That's the way baseball is sometimes. He's had a tremendous three years here, another great year this year and we're all proud of him."

As the 36-year-old left the mound for what could be the final time as a major-league pitcher, Buehrle told Gibbons to keep the ball. Unlike Friday, he didn't tip his cap or acknowledge his family and never had the chance to soak in the moment.

"Giving up seven or eight runs you're not trying to tip your hat to anybody," Buehrle said after the Blue Jays' regular-season-ending 12-3 loss. "It's kind of embarrassing."

Disputing a report that came out of Chicago on Sunday, Buehrle said he hadn't made a decision to retire. That could be coming, but for now he'll stay ready in case a Blue Jays pitcher gets injured and he gets the call in the coming weeks. THE CANADIAN PRESS

Mark Buehrle
GETTY IMAGES

IN BRIEF

Daniel delivers goal ahead of regular season

After an exhibition season filled with prospects delivering offence for the Canucks, it was a familiar name getting the winner in the pre-season finale.

Daniel Sedin scored in 3-on-3 overtime for Vancouver in a 3-2 win over the Edmonton Oilers on Saturday.

The Canucks travel to Calgary for their regular-season opener Wednesday against the Flames. THE CANADIAN PRESS

Ex-Canuck Kassian suffers minor injuries in car crash

Montreal Canadiens forward Zack Kassian was treated for minor injuries in hospital Sunday morning after being involved in a traffic accident, a team spokesman said.

Zack Kassian THE CANADIAN PRESS

Reports said Kassian was not driving the vehicle, which crashed into a tree Sunday morning at about 6 a.m ET.

There were two women, one of them the driver, in the vehicle at the time. THE CANADIAN PRESS

Wondo wounds Whitecaps

Chris Wondolowski scored in the 62nd minute, and the San Jose Earthquakes held on for a 1-1 tie with the Vancouver Whitecaps on Saturday night.

The Whitecaps (15-12-4, 49 points) now sit in third place, a point behind No. 2 FC Dallas and two behind conference-leading Los Angeles Galaxy. THE ASSOCIATED PRESS

Jennings on point in Lions' rout of Roughriders

Jonathon Jennings threw four touchdowns and caught another on a trick play as the B.C. Lions hammered Saskatchewan 46-20 on Saturday.

Making his second professional start, the 23-year-old quarterback showed the poise of a veteran in leading his team to a critical victory in the CFL's West Division standings. THE ASSOCIATED PRESS

Raptors point guard Kyle Lowry, left, and Clippers power forward Blake Griffin vie for a loose ball at Rogers Arena on Sunday. DARRYL DYCK/THE CANADIAN PRESS

Trim Lowry slices, dices Clippers D

NBA

All-star point guard turning heads with new figure

Kyle Lowry slashed through defenders with ease, moving with a fluidity earned over a summer of hard work.

The Raptors point guard poured in 26 points in 21 minutes to lift Toronto to a 93-73 victory over the Los Angeles Clippers in the team's NBA preseason debut — showing off what a summer of slimming down can do.

"I thought Kyle moved well," said coach Dwane Casey. "I thought he did a good job, I thought Cory Joseph came in and did a good job with the second unit.

"Kyle was aggressive, made his shots, got to the free throw line, which was huge."

Lowry played the best basketball of his career early last season to earn all-star honours, but his play deteriorated down the stretch. He turned heads when he showed up at training camp, and Sunday night he was like a man on a mission, shooting 7-for-10 from the field, and 11-for-12 from the free throw line.

"That's Kyle. He has been doing it all week," said DeMar DeRozan, who had 11 points in 26 minutes.

"The only thing is he just thinks he's more athletic now," he added with a smirk. "I don't know why. He's lighter, yeah, but now he thinks he's more of a finesse player or something."

Jonas Valanciunas, who's fresh off a strong EuroBasket performance that saw Lithuania win silver and earn an Olympic berth, grabbed 12 rebounds to go with 10 points. But he also had five turnovers.

Luis Scola scored 13 points, one of several off-season acquisitions that had solid debuts. The Toronto-born Joseph looked comfortable directing the second unit, and will see more playing time Monday when the Raptors play Golden State in San Jose — Lowry is nursing a sore groin.

JJ Redick led the Clippers with 15 points, while Blake Griffin — who knocked the shot clock off its mooring with a thunderous dunk during warmup — added 14. THE CANADIAN PRESS

SUNDAY In Vancouver

RAPTORS	CLIPPERS
93	73

> **"There should be a team in Vancouver and Seattle. I'm not giving up on those two cities, two great crowds.**
>
> Raptors head coach Dwane Casey

Sanchez gives United reality check

Arsenal's Alexis Sanchez celebrates after scoring the opening goal. FRANK AUGSTEIN/ THE ASSOCIATED PRESS

BPL

Striker's brace helps Arsenal stay close to leaders City

Alexis Sanchez's superb first-half double helped give Arsenal a 3-0 win over Manchester United on Sunday in a dominant display that propelled the London club into second place in the Premier League.

Arsenal decided the game in the opening 20 minutes after a furious start at the Emirates. Sanchez's sublime backheel-flick at the near post opened the scoring in the sixth minute, and Mesut Ozil doubled the lead a minute later when he coolly curled the ball home after being set up by Theo Walcott.

Sanchez's second was a fierce shot from the edge of the area in the 20th after a quick Arsenal passing move. It was Sanchez's fifth goal in two league matches after his hat trick against Leicester last week.

"That 25-minute period, no one could have dealt with us," said striker Theo Walcott, who set up Ozil's goal and was a constant threat with his pace up front. "That sends a message to the Premier League that we're here to be reckoned with."

The Gunners leapfrogged United into second place with 16 points, two behind leading Manchester City. United is just behind Arsenal on goal difference.

United entered the weekend as the league leader but couldn't cope with Arsenal's quick passing and high tempo, as the Gunners looked like a completely different team to the one that lost 3-2 to Olympiakos at home in the Champions League in midweek.

"We were good because we decided to start strong, to press high," Arsenal manager Arsene Wenger said. "When we do that we can score goals, we know that." THE ASSOCIATED PRESS

LIVERPOOL SACKS RODGERS

Brendan Rodgers was fired as Liverpool manager on Sunday, paying the price for the club's 18-month slump since almost ending its long wait for an English league title.

Liverpool's American owners, Fenway Sports Group, chose the day of the Merseyside derby against fierce rival Everton to announce that Rodgers' three-year stint at Anfield was over. About three hours after the 1-1 draw at Goodison Park, Rodgers had his contract terminated.

"All of us have experienced some wonderful moments with Brendan as manager and we are confident he will enjoy a long career in the game," the FSG's ownership group said. THE ASSOCIATED PRESS

Brendan Rodgers
GETTY IMAGES

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RECIPE Basil Pesto Pizza with Ricotta and Sun-dried Tomatoes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Making pizza with flatbread means it comes together in a snap.

Ready in
Prep time: 20 minutes
Serves 4

Ingredients
- 2 cloves garlic, peeled and quartered
- 2 cups baby spinach
- 1 cup basil leaves
- 1/2 cup finely grated Parmesan
- 1/2 cup olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 large store bought flatbread
- 1 Tbsp olive oil
- 1 cup ricotta cheese
- 1/2 cup shaved Asiago cheese
- 1/4 cup chopped sun-dried tomatoes
- chopped basil for garnish

Directions
1. Preheat the oven to 375. Prepare a baking sheet with parchment paper.
2. In a food processor, mince garlic, then add the spinach, basil, Parmesan, oil and salt and pepper. Purée until smooth, scraping down the sides of the bowl as necessary.
3. Lay the flatbread out onto the prepared baking sheet. Sprinkle with a bit of olive oil. Spread the pesto across the top of the flatbread leaving a 1/2-inch border around the edges. Drop heaping tablespoons of the ricotta onto the pesto. Sprinkle with Asiago and sun-dried tomatoes
4. Bake for 8 to 10 minutes, or until the edges of the crust are golden brown and the cheese is melted. Remove from the oven and sprinkle with chopped basil and slice into triangles to serve.

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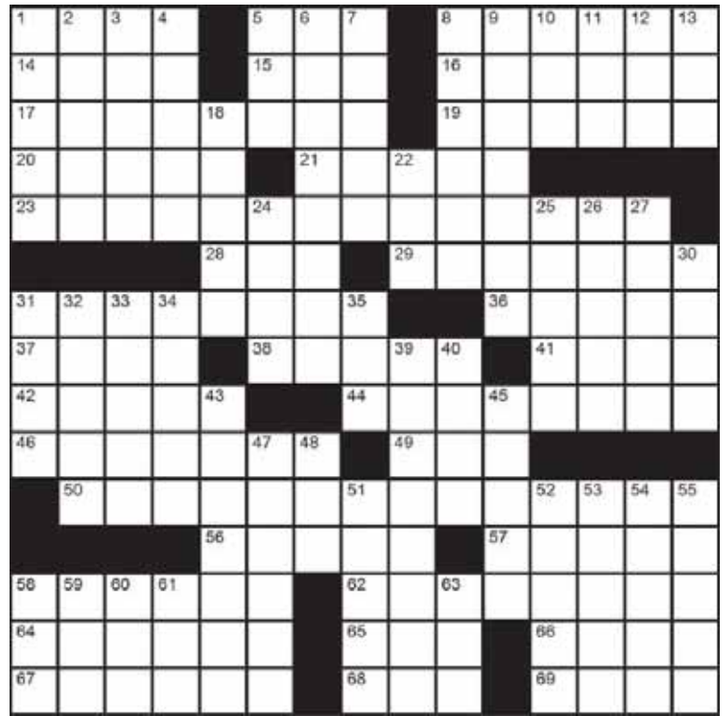
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Dungeon's demeanour
5. Ancient yrs
8. "Poseidon" (2006) actress Emmy
14. Celebrity hairstylist Jose
15. _-dee-dah
16. Light bulb moment exclamation!
17. Roman Emperor portrayed by Malcolm McDowell in 1979
19. Actress Julia
20. _ _ nothing
21. Pros opposites
23. Decorative artistry for which Metis people are renowned: 2 wds.
28. "_ of Love" (1989)
29. Autumn, and others
31. Ontario folk festival since 1961
36. Director's creation
37. Grad
38. Women's fitness magazine
41. Went
42. Chesterfields
44. _-Benz
46. "Bambi" (1942) character
49. "Rock and Roll, Hoochie _" by Rick Derringer
50. L'_ _ (Worn around the waist, traditional clothing accessory of the Metis that is also functional)
56. "_ _ is an island entire of itself..." - John Donne
57. Like a shoe's support
58. Venerable
62. _ flechee (Also worn in traditional French-Canadian apparel, alternative name of #50-Across' answer)
64. Robinson _ (Daniel Defoe's 1719 book)
65. 'Capital' suffix
66. Make _ _ for it (Go!)
67. Items that sound off in the kitchen
68. Mr. Danson
69. Sizeable story

DOWN
1. Choice of coffee
2. Have _ _ (Enjoy)
3. _ Yello (Soft drink brand)
4. Previous
5. _-ray player
6. Type of pipe made from the same-named gourd
7. Western film of 1953 starring Alan Ladd
8. Live somewhere
9. Did better competitively in the pool
10. Mister, in India
11. French seasoning
12. Li'l instrument
13. Pas' partners
18. Comprehend
22. '_ ' _ in Tadoussac
24. Russian author Mr. Tolstoy's
25. Serenader's song: "_ _ Mio"
26. Wandered
27. Cook's tool
30. TV _ (Electronics purchases)
31. Ship spar
32. Hawaii = The _ State
33. "Tell Me Something Good": 1974 hit for what band?
34. Islamic leaders
35. Kanga creator's monogram
39. Toy dog breed [var. sp.]
40. Fun suffix to 'Switch'
43. Support a walk-a-thon
45. Sir Arthur _ Doyle
47. Overacts
48. Spinning stat.
51. Unexpressed, but understood
52. Spanish titles for Misses, for short
53. Honda car
54. Cardigan-like garment
55. Carrion-consuming creature
58. Perform
59. Mr. Geller
60. Dental floss brand
61. Operate
63. "_ better be!"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may want to start something new but before you do get the views of people you trust. There may be something you have missed that could cause problems later on.

Taurus April 21 - May 21
You may be tempted to get vocal with someone who has let you down but the planets warn that they hold the upper hand at the moment. Try criticizing them later in the week instead.

Gemini May 22 - June 21
You can be easygoing to a fault but you cannot expect others to be as accepting of the current situation as you are. Don't let others spoil your buoyant mood.

Cancer June 22 - July 23
Your feelings for a certain individual will reach a peak over the next few days, which is nice, but this may not be the best time to reveal your true thoughts and intentions. Keep them secret just a little while longer.

Leo July 24 - Aug. 23
Certain resentments will come out into the open where they can finally be dealt with. You have no choice but to confront them.

Virgo Aug. 24 - Sept. 23
You need to take care of certain duties that you have been avoiding. You've put them off long enough: now you must knuckle down and get ahead of the game. If you don't you will fall even further behind.

Libra Sept. 24 - Oct. 23
You will find it easier to express yourself when Mercury turns direct in your sign towards the end of the week. Between now and then though keep your thoughts and feelings to yourself.

Scorpio Oct. 24 - Nov. 22
Your feelings will be magnified to such an extent during the early part of the week that you may not be able to control yourself and that could cause trouble, especially at home.

Sagittarius Nov. 23 - Dec. 21
Cosmic activity urges you to have a good time socially but other aspects warn that authority figures still expect you to deliver on what you have promised. Work now, play later.

Capricorn Dec. 22 - Jan. 20
You may be hungry for success but you must not take liberties. Make sure there are no skeletons in your closet that your enemies can easily uncover. Bury them deep!

Aquarius Jan. 21 - Feb. 19
If a friend or colleague proposes that you do something different don't dismiss the idea out of hand. If you are too cautious now you may kick yourself later in the week.

Pisces Feb. 20 - March 20
Pisces is a mutable sign, and you are more flexible than most. That attribute should serve you well this week. While others are unwilling to adapt you will be making compromises and profiting from them.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3		2				5		8
	8						2	
5				1				4
			2		4			
		6				3		
			3		6			
6				7				9
	9						7	
8		5				1		2

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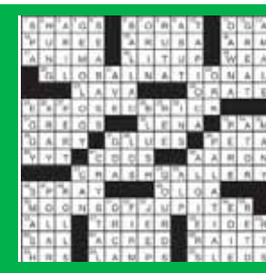

4	7	6	3	9	8	2	1	5
2	5	3	1	6	7	4	9	8
9	1	8	2	4	5	7	6	3
6	2	5	7	8	4	1	3	9
1	9	7	6	2	3	8	5	4
8	3	4	9	5	1	6	7	2
7	4	1	8	3	9	5	2	6
5	6	9	4	7	2	3	8	1
3	8	2	5	1	6	9	4	7

STENBERG COLLEGE SPEAKS OUT

October is Mental Health Month

Photo courtesy of Amanda Todd Legacy Society

16% OF TEENS HAVE SERIOUSLY CONSIDERED SUICIDE.

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STENBERG COLLEGE

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A LITTLE BIT OF PURPLE

OCTOBER 10TH

#LIGHTUPPURPLE